

PROGRAMS



We provide supportive counseling and therapy to past and present victims of domestic violence and survivors of sexual abuse, including adult survivors of child sexual abuse. This includes support and educational groups that are designed to empower survivors and to assist them in making choices in their lives that will allow for happiness, growth, and safety.

Individual and group counseling is extremely important for individuals in abusive relationships for several reasons. Most importantly, survivors can learn how to end their isolation, gain self esteem, affirm themselves and know they are not to blame.

Individuals exposed to violence are more likely to develop social, emotional, psychological, and/or behavioral problems than those who do not witness violence. Traumatic experiences can make individuals feel isolated. Our job at Women's Services is to make sure that no one feels like they have to go through this journey alone.

COUNSELING

Counseling focuses on several things:

- the educational component of the dynamics and effects of abuse,
- crisis intervention,
- sorting out feelings of confusion and helplessness, and
- implementation of safety planning and support.

The individual determines their counseling goals in collaboration with the counselor.

Counselors also work with supportive friends and family members who are dealing with their own feelings around the abuse of someone they love.

THERAPY

Therapy is also available for those who wish to process it in a more in-depth manner. With the therapist, the individual can begin to work through a timeline of their trauma, explore the emotions from that trauma, and also learn how to deal with triggers and the life-long effects of traumatic events.



WHAT IS ADVOCACY?

Advocacy is the act of pleading the cause of another or arguing in favor of something, such as an idea or policy. When someone engages in advocacy, they are actively supporting, encouraging, backing, and promoting someone or something.

We provide individual advocacy which means the individual and counselor work together in the community and/or with other agencies to assist the individual with reinforcing their autonomy and self-determination. Individual advocacy includes problem-solving methods like identifying barriers to safety and completing goals; developing safety checking and planning skills; providing options; increasing self-esteem and self-awareness; validating feelings; and improving and implementing skills in decision making, parenting, self-help and self-care.

In addition to counseling and therapy we also offer legal and medical advocacy. This includes civil and criminal proceeding accompaniment, emergency room, doctor appointment and social services appointment accompaniment among others.



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DISABILITIES

More than 90% of individuals with a disability will experience sexual abuse at some point in their lives and almost half of those same individuals will experience ten or more abusive incidents

Individuals with disabilities may not even realize that sexual abuse is abusive, unusual, or illegal. Consequently, they may never tell anyone about sexually abusive situations. Individuals with and without disabilities are often fearful of talking openly about such painful experiences due to the risk of not being believed or taken seriously.

Women's Services has specially trained counselors who have experience working with individuals with disabilities.

OUTREACH

Women's Services provides counseling for shelter residents as well as non-shelter residents. These counseling sessions typically take place at our offices, however, outreach counseling is available for anyone unable to access our offices. Our counselors can make arrangements to meet with you at a church, town hall, school, etc.. However, we are unable to offer in-home counseling.

Appointments can be made with individual counselors by calling Women's Services at 814.724.4637

RESOURCES

www.loveisrespect.org
www.emergedv.com
www.211.org
www.joyfulheartfoundation.org
www.ndvh.org
www.rain.org

TITUSVILLE

210 N. WASHINGTON STREET
TITUSVILLE, PA 16354
BUSINESS OFFICE: 814.775.0445

Women's Services



MISSION STATEMENT

Providing hope and resources for those affected by violence and advocating to end it.



A PARTNER AGENCY OF
THE WESTERN CRAWFORD
COUNTY UNITED WAY

WOMEN'S SERVICES

204 SPRING STREET
MEADVILLE, PA 16335
BUSINESS OFFICE: 814.724.4637



COUNSELING SERVICES

24-hour hotline: 814.333.9766
Toll free hotline: 888.881.0189
www.womensservicesinc.org
information@womensservicesinc.org

NO MORE | TOGETHER WE CAN END
DOMESTIC VIOLENCE & SEXUAL ASSAULT